222 (Rich.) Engl., Anacardiaceae (ofǒs); Pseudospondias tessmannii
262 Engl., likewise (angǒkǒn); /147/ Pentaclethra macrophylla Benth., Leguminosae (ebā́ĭ); Cola acuminata (P.B.) R. Br., Sterculiaceae (abĕ); Carpolobia alba Don., Polygalaceae (onǒn, tōmok); Ricinodendron africanum Muell. Arg., Euphorbiaceae (ezisā́ń); Myrianthus arboreus P.B., Moraceae (mangā́me III Fang, engŭkǒ́m Ntum, Jaunde); Desbordesia glaucescens Engl., Simarubaceae (alŏ́b); Duboscia macrocarpa (?) Bocq., Tiliaceae (akăk e sā́ń); Oncinotis glandulosa Stapf, Apocynaceae, and Tylostemon minutiflorus Stapf, Lauraceae (dzā́-odzĭ́dzĭk or bodzābodzĭ́dzĭk); Tristemma hirtum Vent., Melastomataceae (abĕ-osŭe); Cnestis aurantiaca Gilg, Connaraceae (abĭń e ndzĭk); Vitex bipindensis Gürke, Verbenaceae (apfŏn); Anonidium mannii Oliv., Anonaceae (ebŏm eli); Sarcocephalus sambucinus K. Sch. (alŭ́mă, alŭ́ma, and akŭndŭ́m); the palm Podococcus barteri M. and W. (niamvĭne); as well as various varieties of Aframomum, such as the Aframomum alboviolaceum K. Sch. (adzŏm; fruit, esŭ́n) illustrated in Volume II.

Finally, mushrooms, of which the Fang distinguish twenty edible varieties, play an important role in the household. With the exception of a foul-smelling morel which is covered with a kind of veil, poisonous ground mushrooms do not seem to occur.

●263 Of spices, pepper and salt are known, and both are found in-
249 dispensable by the Pangwe for the preparation of meals. Three varieties and many subvarieties of pepper, Capsicum (okā́lăń IV, undŭndŭ́ III), are sown behind the houses or close to the village, and it is to be found growing wild everywhere in the vicinity of human settlements, where its green fruit -- red when ripe -- is picked whenever it is needed; it is added to the food either whole or pulverized on a stone.

263 Salt is more difficult to obtain. Although salt imported from
436 Europe now floods almost the entire region and, in conjunction with
258 tobacco, constitutes a regular standard of value, in remote areas of the interior the laborious extraction of salt from swamp plants is still carried out in the old manner.

258 The two chief salt-producing plants are those illustrated by
824 Plate 10: Halopegia acurea K. Sch., Marantaceae (nkŏ́h I) and

258 this drips fairly rapidly through the filter into a vessel placed under it. The whole thing is left standing one night; in the morning a little fresh water is added in order to draw out the last of the salt, and then the yellowish-brown brine so obtained is dried until all the salt (nkú I) is out (2). /149/

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2. An examination of the salt, on which Mr. W. Lenz of the Pharmaceutical Institute of the University of Berlin gives us a report, yielded the following results: "The bush salt itself had a brown color and a moist, granular appearance. It had a strong salty taste; its solution reacted strongly alkaline. The chemical analysis carried out by Mr. Regenstein yielded the following composition:

43.33% KCl (potassium chloride)
27.50% K_2SO_4 (potassium sulphate)
16.26% K_2CO_3 (potassium carbonate)
0.85% NaCl (sodium chloride)
8.72% H_2O (evaporation at 180° Centigrade)
3.34% insoluble (difference)
100.00%

The potassium was separated from the sodium as potassium platinic chloride. In the insoluble residue the following were detected: calcium, magnesium, iron, aluminum, manganese, phosphates, silicates, and carbonates, and 0.7% of the salt SiO_2 (silicon dioxide) was determined.

The high content of chlorides and sulphates in the bush salt is striking, as well as the use of the salt mixture consisting predominately of potassium salts, for spicing the food, in other words, its use in place of cooking salt."

8: Bennett D-5 (ca. 1898) 1899 FH9 Fang FH9

X.—*Food. Cooking.*

Food used by the Fang is precisely similar to that of all other tribes inhabiting the great zone of palms and bananas as described by Humboldt. Added to these ordinary foods of the Fang is their liking for human flesh, indulged in to this day in spite of the law, which is often powerless to reach and punish the offenders. Cassava, *mbòe*, plantains, *bikon*, crushed gourd seeds, *ngongon*, corn; *mekobe*, a most nutritive tuber, sweet potatoes, yams, palm oil, bananas, snails and various mollusca. Fish is wrapped in plantain leaves and boiled, or set on hot ashes and fire piled on top of the *bundle* of food. All kinds of meat is eaten, from deer down to the smallest bush rat; snakes are considered very good meat. No portion is wasted, every morsel of skin and intestines are eaten. Goats and chickens are raised for food and trade. Corn or other cereals are not used for the purpose of making bread. Milk is not used. Preparations of milk such as butter and cheese are not made. There is a marked preference for meats. When an animal is slaughtered, women bring wooden bowls to collect the blood in. The blood is often cooked mixed with palm oil. A Fang will eat almost any kind of known food and at any time, providing it is not his *Ekí* or taboo, given him during infancy, prohibiting the eating of a certain kind of food, unless partaken of under certain conditions. Except for the *Ekí* men, women and children partake of the same food. The Fang are improvident. When on long journeys they often chew a piece of Kola nut, but more commonly chew pieces of a certain root; it has several different names. Palm oil is extensively used in cooking. Salt (*nkw*) is much enjoyed and sought after in trade. Sugar is only used in the form of sugar cane and eaten uncooked. The chiefs, or rather headmen, have no special form of food. Eating earth is not indulged in. So far as I am aware, all fish, flesh and fowl is cooked before being eaten. Flesh is often extremely high, at times positively bad, before it is eaten, but not one morsel is ever wasted.

Fish, fowl, bush rats, snakes and all kinds of meats are smoked or sun-dried; food prepared thus is carried on journeys in the bush wrapped in leaves and eaten with *mboa* (cassava) without any further preparation. Permanent ovens for baking are not in use. Meat is roasted on small spits over the log fire or wrapped up in leaves and hot ashes banked around and on top of it. Native vegetables are frequently cooked with meats, plantains are usually boiled separately or roasted close to the fire. Most cooking utensils used by the Fang near the coast are iron or brass pots, imported by white traders; but farther inland the native pots are much more in vogue. These native pots are made of grey clay and sun-dried; they become harder and stronger by use, and vary in size and capacity from a pint to about three gallons.

Cooking vessels are not kept very clean, being simply rinsed out with a little water; but if the vessel is a brass trade pot or kettle, it is usually taken to the river or a near stream, and scoured bright; but I fear the chief reason for doing